Ordinary Time – Matins (Second Nocturn – Tue/Fri)

**Symbols:**

☩ – Large sign of the cross (Sign of the cross from the forehead to the breast and from the left shoulder to the right)

✠ – Sign of the cross over the lips

☨ – Sign of the cross over the heart

*Prayers before the Office*

✠ (Sign of cross over lips) APERI, Dómine, os meum ad benedicéndum nomen sanctum tuum:☨ (Sign of cross over heart)munda quoque cor meum ab ómnibus vanis, pervérsis et aliénis cogitatiónibus; intelléctum illúmina, afféctum inflámma, ut digne, atténte ac devóte hoc Offícium recitáre váleam, et exaudíri mérear ante conspéctum divínæ Majestátis tuæ. Per Christum Dóminum nostrum.

*O LORD, open Thou my mouth, that I may bless Thy holy name; cleanse my heart too from all vain, evil, or wandering thoughts. Enlighten mine understanding, kindle mine affections, that I may be able to say this Office meetly with attention and devotion, and may deserve to be heard before the presence of Thy divine Majesty. Through Christ our Lord.*

Amen.

*Amen.*

Dómine, in unióne illíus divínæ intentiónis, qua ipse in terris laudes Deo persolvísti, has tibi Horas (*vel*hanc tibi Horam) persólvo.

*O Lord, in union with that divine intention wherewith Thou Thyself, while on earth, didst offer praises unto God, I offer these hours (or this hour) unto Thee.*

*Then is said secretly an ‘Our Father’ and a ‘Hail Mary’.*

*Matins*

*V.* Ave María, grátia plena \* Dóminus tecum.

*V. Hail, Mary, full of grace. \* the Lord is with thee.*

*R.* Benedícta tu \* in muliéribus, et benedíctus fructus ventris tui.

*R. Blessed art thou among women, \* and blessed is the fruit of thy womb.*

*V.* Dómine, lábia ✠ (Sign of cross over lips)mea apéries.

*R. O Lord, ✠ open thou my lips.*

*R.* Et os meum annuntiábit laudem tuam.

*R. And my mouth shall declare thy praise*

*V.* Deus ☩ (Large sign of the cross) in adjutórium meum inténde.

*V. O God, ☩ come to my assistance;*

*R.* Dómine, ad adjuvándum me festína.

*R. O Lord, make haste to help me.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*A*llelúia.

*Alleluia.*

The Invitatory

*Psalm 94*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*V*eníte, exsultémus Dómino, jubilémus Deo, salutári nostro: præoccupémus fáciem ejus in confessióne, et in psalmis jubilémus ei.

*Come let us praise the Lord with joy: let us joyfully sing to God our saviour. Let us come before his presence with thanksgiving; and make a joyful noise to him with psalms.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

Quóniam Deus magnus Dóminus, et Rex magnus super omnes deos, quóniam non repéllet Dóminus plebem suam: quia in manu ejus sunt omnes fines terræ, et altitúdines móntium ipse cónspicit.

*For the Lord is a great God, and a great King above all gods. For the Lord will not cast off his people: for in his hand are all the ends of the earth, and the heights of the mountains are his.*

*Ant.* Dóminus tecum.

*Ant. The Lord is with thee.*

Quóniam ipsíus est mare, et ipse fecit illud, et áridam fundavérunt manus ejus (Genuflect) Veníte, adorémus, et procidámus ante Deum: plorémus coram Dómino, qui fecit nos, quia ipse est Dóminus, Deus noster; nos autem pópulus ejus, et oves páscuæ ejus.

*For the sea is his, and he made it: and his hands formed the dry land. (Genuflect) Come let us adore and fall down: and weep before the Lord that made us: For he is the Lord our God: and we are the people of his pasture and the sheep of his hand.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*H*ódie, si vocem ejus audiéritis, nolíte obduráre corda vestra, sicut in exacerbatióne secúndum diem tentatiónis in desérto: ubi tentavérunt me patres vestri, probavérunt et vidérunt ópera mea.

*Today if you shall hear his voice, harden not your hearts: As in the provocation, according to the day of temptation in the wilderness: where your fathers tempted me, they proved me, and saw my works.*

*Ant.* Dóminus tecum.

*Ant. The Lord is with thee.*

Quadragínta annis próximus fui generatióni huic, et dixi; Semper hi errant corde, ipsi vero non cognovérunt vias meas: quibus jurávi in ira mea; Si introíbunt in réquiem meam.

*Forty years long was I offended with that generation, and I said: These always err in heart. And these men have not known my ways: so I swore in my wrath that they shall not enter into my rest.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Ant.* Dóminus tecum.

*Ant. The Lord is with thee.*

*Ant.* Ave María, grátia plena \* Dóminus tecum.

*Ant. Hail, Mary, full of grace. \* the Lord is with thee.*

Hymn

Quem terra, pontus, sídera
Colunt, adórant, prædicant,
Trinam regéntem máchinam,
Claustrum Maríæ bájulat.

*The God whom earth, and sea, and sky
Adore, and laud, and magnify,
Who o’er their threefold fabric reigns,
The Virgin’s spotless womb contains.*

Cui luna, sol, et ómnia
Desérviunt per témpora,
Perfúsa cæli grátia,
Gestant puéllæ víscera.

*The God, whose will by moon and sun
And all things in due course is done,
Is borne upon a maiden’s breast,
By fullest heavenly grace possest.*

Beáta Mater múnere,
Cujus supérnus ártifex
Mundum pugíllo cóntinens,
Ventris sub arca clausus est.

*How blest that mother, in whose shrine
The great artificer divine,
Whose hand contains the earth and sky,
Vouchsafed, as in his ark, to lie.*

Beáta cæli núntio,
Fœcúnda sancto Spíritu,
Desiderátus géntibus,
Cujus per alvum fusus est.

*Blest, in the message Gabriel brought;
Blest, by the work the Spirit wrought;
From whom the great desire of earth
Took human flesh and human birth.*

Glória tibi, Dómine,
Qui natus es de Vírgine,
Cum Patre, et almo Spíritu
In sempitérna sæcula.
Amen.

*All honour, laud, and glory be,
O Jesu, Virgin-born to thee;
All glory, as is ever meet,
To Father and to Paraclete.
Amen.*

Second Nocturn

*(For Tuesdays & Fridays)*

*Ant.* Spécie tua.

*Ant. In thy beauty.*

*Psalm 44*

Eructávit cor meum verbum bonum: \* dico ego ópera mea Regi.

*My heart hath uttered a good word; \* I speak my works to the King.*

Lingua mea cálamus scribæ: \* velóciter scribéntis.

*My tongue is the pen of a scrivener \* that writeth swiftly.*

Speciósus forma præ fíliis hóminum, diffúsa est grátia in lábiis tuis: \* proptérea benedíxit te Deus in ætérnum.

*Thou art beautiful above the sons of men: grace is poured abroad in thy lips; \* therefore hath God blessed thee for ever.*

Accíngere gládio tuo super femur tuum, \* potentíssime.

*Gird thy sword upon thy thigh, \* O thou most mighty.*

Spécie tua et pulchritúdine tua: \* inténde, próspere procéde, et regna.

*With thy comeliness and thy beauty \* set out, proceed prosperously, and reign.*

Propter veritátem, et mansuetúdinem, et justítiam: \* et dedúcet te mirabíliter déxtera tua.

*Because of truth and meekness and justice: \* and thy right hand shall conduct thee wonderfully.*

Sagíttæ tuæ acútæ, pópuli sub te cadent: \* in corda inimicórum Regis.

*Thy arrows are sharp: under thee shall people fall, \* into the hearts of the king’s enemies.*

Sedes tua, Deus, in sæculum sæculi: \* virga directiónis virga regni tui.

*Thy throne, O God, is for ever and ever: \* the sceptre of thy kingdom is a sceptre of uprightness.*

Dilexísti justítiam, et odísti iniquitátem: \* proptérea unxit te, Deus, Deus tuus, óleo lætítiæ præ consórtibus tuis.

*Thou hast loved justice, and hated iniquity: \* therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows.*

Myrrha, et gutta, et cásia a vestiméntis tuis, a dómibus ebúrneis: \* ex quibus delectavérunt te fíliæ regum in honóre tuo.

*Myrrh and stacte and cassia perfume thy garments, from the ivory houses: \* out of which the daughters of kings have delighted thee in thy glory.*

Ástitit regína a dextris tuis in vestítu deauráto: \* circúmdata varietáte.

*The queen stood on thy right hand, in gilded clothing; \* surrounded with variety.*

Audi fília, et vide, et inclína aurem tuam: \* et oblivíscere populum tuum et domum patris tui.

*Hearken, O daughter, and see, and incline thy ear: \* and forget thy people and thy father’s house.*

Et concupíscet Rex decórem tuum: \* quóniam ipse est Dóminus Deus tuus, et adorábunt eum.

*And the king shall greatly desire thy beauty; \* for he is the Lord thy God, and him they shall adore.*

Et fíliæ Tyri in munéribus \* vultum tuum deprecabúntur: omnes dívites plebis.

*And the daughters of Tyre with gifts, \* yea, all the rich among the people, shall entreat thy countenance.*

Omnis glória ejus fíliæ Regis ab intus, \* in fímbriis áureis circumamícta varietátibus.

*All the glory of the king’s daughter is within, \* in golden borders, clothed round about with varieties.*

Adducéntur Regi vírgines post eam: \* próximæ ejus afferéntur tibi.

*After her shall virgins be brought to the king: \* her neighbours shall be brought to thee.*

Afferéntur in lætítia et exsultatióne: \* adducéntur in templum Regis.

*They shall be brought with gladness and rejoicing: \* they shall be brought into the temple of the king.*

Pro pátribus tuis nati sunt tibi fílii: \* constítues eos príncipes super omnem terram.

*Instead of thy fathers, sons are born to thee: \* thou shalt make them princes over all the earth.*

Mémores erunt nóminis tui: \* in omni generatióne et generatiónem.

*They shall remember thy name \* throughout all generations.*

Proptérea pópuli confitebúntur tibi in ætérnum: \* et in sæculum sæculi.

*Therefore shall people praise thee for ever; yea, \* for ever and ever.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Psalm 45*

Deus noster refúgium, et virtus: \* adjútor in tribulatiónibus, quæ invenérunt nos nimis.

*Our God is our refuge and strength: \* a helper in troubles, which have found us exceedingly.*

Proptérea non timébimus dum turbábitur terra: \* et transferéntur montes in cor maris.

*Therefore we will not fear, when the earth shall be troubled; \* and the mountains shall be removed into the heart of the sea.*

Sonuérunt, et turbátæ sunt aquæ eórum: \* conturbáti sunt montes in fortitúdine ejus.

*Their waters roared and were troubled: \* the mountains were troubled with his strength.*

Flúminis ímpetus lætíficat civitátem Dei: \* sanctificávit tabernáculum suum Altíssimus.

*The stream of the river maketh the city of God joyful: \* the most High hath sanctified his own tabernacle.*

Deus in médio ejus, non commovébitur: \* adjuvábit eam Deus mane dilúculo.

*God is in the midst thereof, it shall not be moved: \* God will help it in the morning early.*

Conturbátæ sunt Gentes, et inclináta sunt regna: \* dedit vocem suam, mota est terra.

*Nations were troubled, and kingdoms were bowed down: \* he uttered his voice, the earth trembled.*

Dóminus virtútum nobíscum: \* suscéptor noster Deus Iacob.

*The Lord of armies is with us: \* the God of Jacob is our protector.*

Veníte, et vidéte ópera Dómini, quæ pósuit prodígia super terram: \* áuferens bella usque ad finem terræ.

*Come and behold ye the works of the Lord: what wonders he hath done upon earth, \* making wars to cease even to the end of the earth.*

Arcum cónteret, et confrínget arma: \* et scuta combúret igni.

*He shall destroy the bow, and break the weapons: \* and the shield he shall burn in the fire.*

Vacáte, et vidéte quóniam ego sum Deus: \* exaltábor in Géntibus, et exaltábor in terra.

*Be still and see that I am God; \* I will be exalted among the nations, and I will be exalted in the earth.*

Dóminus virtútum nobíscum: \* suscéptor noster Deus Jacob.

*The Lord of armies is with us: \* the God of Jacob is our protector.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Psalm 86*

Fundaménta ejus in móntibus sanctis: \* díligit Dóminus portas Sion super ómnia tabernácula Jacob.

*The foundations thereof are in the holy mountains: \* The Lord loveth the gates of Sion above all the tabernacles of Jacob.*

Gloriósa dicta sunt de te, \* cívitas Dei.

*Glorious things are said of thee, \* O city of God.*

Memor ero Rahab, et Babylónis \* sciéntium me.

*I will be mindful of Rahab and of Babylon \* knowing me.*

Ecce, alienígenæ, et Tyrus, et pópulus Æthíopum, \* hi fuérunt illic.

*Behold the foreigners, and Tyre, and the people of the Ethiopians, \* these were there.*

Numquid Sion dicet: Homo, et homo natus est in ea: \* et ipse fundávit eam Altíssimus?

*Shall not Sion say: This man and that man is born in her? \* and the Highest himself hath founded her.*

Dóminus narrábit in scriptúris populórum, et príncipum: \* horum, qui fuérunt in ea.

*The Lord shall tell in his writings of peoples and of princes, \* of them that have been in her.*

Sicut lætántium ómnium \* habitátio est in te.

*The dwelling in thee \* is as it were of all rejoicing.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*℣. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Sicut erat in princípio, et nunc, et semper, \* et in sæcula sæculórum. Amen.

*R. As it was in the beginning, is now, \* and ever shall be, world without end. Amen.*

*Ant.* Spécie tua \* et pulchritúdine tua inténde, próspere procéde, et regna.

*Ant. In thy beauty and comeliness, \* go forward, fare prosperously, and reign.*

*V.* Post partum, Virgo, invioláta permansisti.

*V. Thou didst remain an immaculate virgin after childbirth.*

*R.* Dei Génetrix, intercéde pro nobis.

*R. Mother of God, intercede for us.*

*“Our Father”, silently until* Et Ne

*[Pater noster, qui es in cælis, sanctificétur nomen tuum: advéniat regnum tuum: fiat volúntas tua, sicut in cælo et in terra. Panem nostrum quotidiánum da nobis hódie: et dimítte nobis débita nostra, sicut et nos dimíttimus debitóribus nostris.]*

*[Our Father, who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us.]*

*V.* Et ne nos indúcas in tentatiónem.

*V. And lead us not into temptation,*

*R.* Sed líbera nos a malo.

*R. But deliver us from evil.*

The Lessons

*V.* Jube, Domine, benedícere.

*V. Pray, Lord, a blessing.*

*Benediction.* Ipsa Virgo Virginum, intercédat pro nobis ád Dominum. Amen.

*Benediction. May the Virgin of virgins, intercede for us to the Lord.*

*R.* Amen.

*R. Amen.*

*First Lesson – Cant. 3:6; 4:7,12*

Quæ est ista quæ ascéndit per desértum sicut vírgula fumi ex aromátibus myrrhæ, et thuris, et univérsi púlveris pigmentárii?

*Who is she that goeth up by the desert, as a pillar of smoke of aromatical spices, of myrrh, and frankincense, and of all the powders of the perfumer?*

Tota pulchra es, amíca mea, et mácula non est in te.

*Thou art all fair, O my love, and there is not a spot in thee.*

Hortus conclúsus soror mea, sponsa, hortus conclúsus, fons signátus.

*My sister, my spouse, is a garden enclosed, a garden enclosed, a fountain sealed up.*

*V.* Tu autem, Dómine, miserére nobis.

*V. But thou, O Lord, have mercy upon us.*

*R.*Deo grátias.

*R.Thanks be to God.*

*R.* Sancta et immaculáta virgínitas, quibus te láudibus éfferam nescio:

*R. How holy and how spotless is thy breast;*

\* Quia quem cæli cápere non póterant, tuo grémio contulísti.

*\* Him Whom the heavens cannot contain.*

*V.* Benedícta tu in muliéribus, et benedíctus fructus ventris tui.

*V. Blessed art thou among women, and blessed is the fruit of thy womb.*

*R.* Quia quem cæli cápere non póterant, tuo grémio contulísti.

*R. For thou hast borne in thy breast Him Whom the heavens cannot contain.*

*V.* Jube, Domine, benedícere.

*V. Pray, Lord, a blessing.*

*Benediction.* Nos cum prole pia benedícat Virgo Maria.

*Benediction. May the Virgin Mary with her Loving Offspring bless us.*

*R.* Amen.

*R. Amen.*

*Second Lesson – Ecclesiasticus 24:22-25*

Ego quasi terebínthus exténdi ramos meos, et rami mei honóris et grátiæ.

*I have stretched out my branches as the turpentine tree, and my branches are of honour and grace.*

Ego quasi vitis fructificávi suavitátem odóris: et flores mei fructus honóris et honestátis.

*As the vine I have brought forth a pleasant odour: and my flowers are the fruit of honour and riches.*

Ego mater pulchræ dilectiónis, et timoris, et agnitiónis, et sanctæ spei.

*I am the mother of fair love, and of fear, and of knowledge, and of holy hope.*

In me grátia omnis viæ et veritátis: in me omnis spes vitæ et virtútis.

*In me is all grace of the way and of the truth, in me is all hope of life and of virtue.*

*V.* Tu autem, Dómine, miserére nobis.

*V. But thou, O Lord, have mercy upon us.*

*R.* Deo grátias.

*R. Thanks be to God.*

*R.* Beáta es, Virgo María, quæ Dóminum portásti, Creatórem mundi: \* Genuísti qui te fecit, et in ætérnum pérmanes virgo.

*R. Blessed art thou, O Virgin Mary, who hast carried the Lord, the Maker of the world. \* Thou hast brought forth Him who created thee, and ever remainest a virgin.*

*V.*Ave María, grátia plena, Dóminus tecum.

*V. Hail, Mary, full of grace, the Lord is with thee.*

*R.* Genuísti qui te fecit, et in ætérnum pérmanes virgo.

*R. Thou hast borne him who created thee, and ever remainest a virgin.*

*V.* Jube, Domine, benedícere.

*V. Pray, Lord, a blessing.*

*Benediction.* Sancta Dei Génitrix sit nobis auxiliátrix.

*Benediction. May the holy Mother of God aid and assist us.*

*R.* Amen.

*R. Amen.*

*Third Lesson – Ecclesiasticus 24:26-28, 30-31*

Transíte ad me, omnes qui concupíscitis me, et a generatiónibus meis implémini.

*Come over to me, all ye that desire me, and be filled with my fruits.*

Spíritus enim meus super mel dulcis, et hæréditas mea super mel et favum.

*For my spirit is sweet above honey, and my inheritance above honey and the honeycomb.*

Memória mea in generatióne sæculórum.

*My memory is unto everlasting generations.*

Qui audit me non confundétur, et qui operántur in me non peccábunt:

*He that hearkeneth to me, shall not be confounded: and they that work by me, shall not sin.*

Qui elúcidant me, vitam ætérnam habébunt.

*They that explain me shall have life everlasting.*

*V.* Tu autem, Dómine, miserére nobis.

*V. But thou, O Lord, have mercy upon us.*

*R.* Deo grátias.

*R. Thanks be to God.*

*R.* Felix namque es sacra Virgo María et omni laude dignissima: \* Quia ex te ortus est sol justitiæ, Christus Deus noster.

*R. Thou art truly happy, O sacred Virgin Mary, and most worthy of all praise. \* Because out of thee has risen the Sun of Justice, Christ our God.*

*V.* Ora pro populo, intervene pro clero, intercede pro devote femineo sexu: Sentiant omnes tuum juvamen, quicumque celebrant tuam sanctam commemorationem.

*V. Pray for the people, plead for the clergy, intercede for devout women, let all experience thy aid who celebrate thy memory.*

*R.* Quia ex te ortus est sol justitiæ, Christus Deus noster.

*R. Because out of thee has risen the Sun of Justice, Christ our God.*

*V.* Glória Patri, et Fílio, \* et Spirítui Sancto.

*V. Glory be to the Father, and to the Son, \* and to the Holy Ghost.*

*R.* Quia ex te ortus est sol justítiæ, Christus Deus noster.

*R. Because out of thee has risen the Sun of Justice, Christ our God.*

Te Deum

*T*e Deum laudámus: \* te Dóminum confitémur.

*We praise thee, O God, \* we acknowledge thee to be the Lord.*

Te ætérnum Patrem \* omnis terra venerátur.

*All the earth doth worship thee, \* the Father everlasting.*

Tibi omnes Ángeli, \* tibi Cæli, et univérsæ Potestátes:

*To thee all Angels cry aloud, \* the Heavens, and all the Powers therein.*

Tibi Chérubim et Séraphim \* incessábili voce proclámant:

*To thee Cherubim and Seraphim \* continually do cry.*

Sanctus, Sanctus, Sanctus \* Dóminus Deus Sábaoth.

*Holy, Holy, Holy \* Lord God of Sabaoth;*

Pleni sunt cæli et terra \* maiestátis glóriæ tuæ.

*Heaven and earth are full \* of the Majesty of thy glory.*

Te gloriósus \* Apostolórum chorus,

*The glorious company of the Apostles \* praise thee.*

Te Prophetárum \* laudábilis númerus,

*The goodly fellowship of the Prophets \* praise thee.*

Te Mártyrum candidátus \* laudat exércitus.

*The noble army of Martyrs \* praise thee.*

Te per orbem terrárum \* sancta confitétur Ecclésia,

*The holy Church throughout all the world \* doth acknowledge thee;*

Patrem \* imménsæ maiestátis;

*The Father, \* of an infinite Majesty.*

Venerándum tuum verum \* et únicum Fílium;

*Thine honourable, true, \* and only Son;*

Sanctum quoque \* Paráclitum Spíritum.

*Also the Holy Ghost, \* the Comforter.*

Tu Rex glóriæ, \* Christe.

*Thou art the King of Glory, \* O Christ.*

Tu Patris \* sempitérnus es Fílius.

*Thou art the everlasting \* Son of the Father.*

Tu, ad liberándum susceptúrus hóminem: \* non horruísti Vírginis uterum.

*When thou tookest upon thee to deliver man, \* thou didst not abhor the Virgin’s womb.*

Tu, devícto mortis acúleo, \* aperuísti credéntibus regna cælórum.

*When thou hadst overcome the sharpness of death, \* thou didst open the Kingdom of Heaven to all believers.*

Tu ad déxteram Dei sedes, \* in glória Patris.

*Thou sittest at the right hand of God, \* in the glory of the Father.*

Judex créderis \* esse ventúrus.

*We believe that thou shalt come \* to be our Judge*

(Kneel) Te ergo quæsumus, tuis fámulis súbveni, \* quos pretióso sánguine redemísti.

*We therefore pray thee, help thy servants, \* whom thou hast redeemed with thy precious Blood.*

Ætérna fac cum Sanctis tuis \* in glória numerári.

*Make them to be numbered with thy Saints, \* in glory everlasting.*

Salvum fac pópulum tuum, Dómine, \* et bénedic hereditáti tuæ.

*O Lord, save thy people, \* and bless thine heritage.*

Et rege eos, \* et extólle illos usque in ætérnum.

*Govern them, \* and lift them up for ever.*

Per síngulos dies \* benedícimus te.

*Day by day \* we magnify thee;*

Et laudámus nomen tuum in sǽculum, \* et in sæculum sæculi.

*And we worship thy Name \* ever, world without end.*

Dignáre, Dómine, die isto \* sine peccáto nos custodíre.

*Vouchsafe, O Lord, to keep us \* this day without sin.*

Miserére nostri, Dómine, \* miserére nostri.

*O Lord, have mercy upon us, \* have mercy upon us.*

Fiat misericórdia tua, Dómine, super nos, \* quemádmodum sperávimus in te.

*O Lord, let thy mercy lighten upon us, \* as our trust is in thee.*

In te, Dómine, sperávi: \* non confúndar in ætérnum.

*O Lord, in thee have I trusted, \* let me never be confounded.*

*V.* Ora pro nobis, sancta Dei Génitrix.

*V. Pray for us, O holy Mother of God.*

*R.* Ut digni efficiámur promissiónibus Christi.

*R. That we may be made worthy of the promises of Christ.*

[NEXT HOUR » LAUDS](http://traditionalcarmelite.com/littleoffice/ordinary/ordinary-lauds/)

[NEXT HOUR » LAUDS (FOR CHRISTMASTIDE)](http://traditionalcarmelite.com/pray/littleoffice/christmastide/christmastide-lauds/)

The Antiphon of Our Lady

*The Antiphon of the Blessed Virgin should be recited at the end of Matins if Matins is separated from Lauds.*

*The Antiphon of Our Lady*

Virgo María, non est tibi símilis orta in mundo inter mulíeres: florens ut rosa; frangrans sicut lilium: ora pro nobis, sancta Dei Génitrix.

*O Virgin Mary, there has not risen in the world, among women, one similar to thee: blooming as the rose, fragrant as the lily; pray for us, O Holy Mother of God.*

*V.* Dignáre me laudáre te, Virgo sacráta.

*V. Vouchsafe, O sacred Virgin, to accept my praise.*

*R.* Da mihi virtútem contra hostes tuos.

*R. Give me strength against my enemies.*

Orémus.

*Let us pray.*

Beátæ et gloriósæ sempérque Virginis Mariae, quaésumus, Dómine, intercéssio gloriósa not prótegat: et ad vitam perdúat ætérnum. Per Christum, Dominum Nostrum.

*We beesech Thee, O Lord, that the heavenly intercession of the ever-glorious and blessed Virgin Mary may protect us, and conduct us to eternal life, through Christ our Lord.*

*R.* Amen.

*R. Amen.*

*V.* Fidélium ánimæ per misericórdium Dei, requiéscant in pace.

*V. May the souls of the faithful departed, through the mercy of God, rest in peace.*

*R.* Amen.

*R. Amen.*

*Prayer After the Office*

*To those who, after the Divine Office, shall on their knees recite with devotion the following prayer, Pope Leo X granted indulgence in respect of those shortcomings and faults which they may have committed through human frailty while saying Office.*

SACROSÁNCTÆ, et indivíduæ Trinitáti, crucifíxi Dómini nostri Jesu Christi humanitáti, beatíssimæ et gloriosíssimæ sempérque Vírginis Maríæ fœcúndæ integritáti, et ómnium Sanctórum universitáti sit sempitérna laus, honor, virtus et glória ab omni creatúra, nobísque remíssio ómnium peccatórum, per infiníta sæcula sæculórum.

*TO the most holy and undivided Trinity, to the manhood of our crucified Lord Jesus Christ, to the fruitful virginity of the most blessed and glorious Mary, ever a Virgin, to the entire assembly of the saints, be ascribed everlasting praise, honor, power, and glory, by every creature; and to us be granted the remission of all our sins, world without end.*

*R.* Amen.

*R. Amen*

*V.* Beáta víscera Maríæ Vírginis, quæ portavérunt ætérni Patris Fílium.

*V. Blessed is the Virgin Mary’s womb, which bore the Son of the Everlasting Father.*

*R.* Et beáta úbera quæ lactavérunt Christum Dóminum.

*R. And blessed are the paps that gave suck to Christ our Lord.*

*Then is said secretly an ‘Our Father’ and a ‘Hail Mary’.*